





January 2010

Activity Calendar

Subject to change.



<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
	New Beginning Spanish Class starts Tuesday, January 5 at 10:00. Silver Chimers Start New Year Practice on Friday, January 8 at 2:00 Brunch & Learn with Peggy Stout: Ms. Stout is a reverse mortgage specialist. The tax-free proceeds can be obtained in monthly installments, line of credit, or lump sum. Funds can be used for home repairs, healthcare needs, long-term care, unexpected expenses, etc. See calendar below.			1 Center Closed 
4 Kelly Warren & His Guitar 11:30 Hardware Ranch	5 Safe Driving 8:30 @ EMS building Brunch & Learn 10 SPIKE Club 1:00 Tuesday Night Ceramics 5-9	6 Birthday Party 12:30 Foot clinic by appt.	7 Stacy Bevan USU "Keeping New Year's Resolutions"	8 O'Dell Summers and His Xylophone
11 Kelly Warren & Senior Karaoke Elvis Belated Birthday Celebration	12 Foot Clinic by appt. Tuesday Night Ceramics 5-9	13 Memory Club 10-2 Jerry Jensen Honky Tonk Piano	14 Chiropractic by appt. Lunch sponsored by Myers Caregivers 6:00	15 Hat Day Trevor White
18 CENTER CLOSED	19 Care Beyond Cancer Seminar 1:30 Tuesday Night Ceramics 5-9	20 Integrity Craft Day 10:30-Noon	21	22 Becky Kimball
25 Wendover 7:30 Foot Clinic by appt Kelly Warren & His Guitar 11:30	26 Tuesday Night Ceramics 5-9	27 Wheel of Fortune 10:30-Noon	28 Commodities Dinner & Movie	29 Introduction to Hypnosis: Pain Man- agement 12:30

DAILY

Lunch M-F 12-1
 Hall Walking 8-10 a
 Library M-F 8-4
 Pool Room M-F 8-4

WEEKLY

Advanced Spanish M 10:00 a
 Tai Chi M 10:00a
 Intermediate Spanish T 10:00
 Oil Painting Th 9:30

Square Dance T 7-10 p
 Line Dancing M/W 1:00 p
 Yoga Tu/Th 4:00 p
 Bridge/Pinochle Th 1:00 p
 Ceramics 10-4 T & Th
 Ceramic NIGHT Class W 5-9
 Sit & Dance Th 10:00
 Sit & Be Fit W/F 10:00 a
 Tap Dancing W/F 9 a

Computer classes as scheduled:
 Contact Nancy to enroll.

GENERAL INFO: Telephone
 Reassurance, Friendly Visitor, Info.
 and Referral; Senior Transit M-W-F
 723-3303 X18; MOW Hot meals M-F
 Frozen Sat-Sun.; **Please make
 lunch & To Go reservations one
 day in advance.**